



# MSU Extension Online Resources for Our Northern Michigan Community

**MSU Extension Remote Learning & Resources Website - [Click Here!](#)**

## ONLINE PROGRAMMING:

[Diabetes Prevention Program](#)

[Being Mindful in Emergencies](#)

[Home Vegetable Gardening 101](#)

[Sustainable Living, Leadership](#)

[Mindfulness for Better Living  
Lunch and Learns](#)

[Building Early Emotional Skills](#)

[Interactive Pruning Workshop](#)

[Michigan Cottage Food Law](#)

[Volunteer Success, Safety](#)

**For Youth**

[Unsolved Mysteries](#)

[Cooking with Kristi](#)

[Wild & Crazy Careers](#)

[Jedi Training](#)

[Adulting 101](#)

[Applying for Student Loans](#)

[Lego SPIN Club](#)

[Life of the Straights: Winter](#)

[Virtual Vet Science](#)

## **Health, Wellness & Relationships**

[Winter Hydration](#) - staying hydrated is important no matter the season

Helping older adults with [substance misuse problems](#)

[Breastfeeding](#): Making milk – yes, you can

Understanding the [foreclosure timeline](#) in Michigan

[Journaling](#) can help reduce stress, organize thoughts, gain perspective

Health scams are common, so [be prepared](#) not to fall for them

## **Food & Nutrition**

**MSU Extension Food Safety Hotline: 1-877-643-9882** [bit.ly/2ICA3qH](https://bit.ly/2ICA3qH)

[Cooking & Sipping](#): Collard greens and kale offer many health benefits

Save time and money with [homemade freezer meals](#)

Cold weather is perfect for soup! Three healthy recipes to try:

[Three Sisters Soup](#)   [Squash Soup](#)   [Roasted Apple & Parsnip Soup](#)

## **Youth Wellness & Learning**

[Educational resources](#) for parents, teachers and homeschool families

Is your child a worrier? How to [use mindfulness to ease anxiety](#)

[Pollinators](#): The fascinating world of the insects and animals that keep the Earth alive

Bundle up and head outdoors! [Winter outdoor play](#) is good for kids

[Project Learning Tree](#) - use the environment for learning

Resources & strategies to use when [talking to kids about tough topics](#)

## **Community Resources**

[Leadership In Dealing with Difficult Multicultural Discussions](#): difficult discussions can become opportunities for transformative dialogue, issues related to race, gender, identity, sexual orientation and class

[Smart Gardening for Shorelands](#): Smart Waterfront Plants

## **Connect online for more programs and resources**

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)

**Virtual Creative  
Arts Celebration**

**See page 2**

Updated 1-14-2021



*Time to be creative!*

# 2021 VIRTUAL CREATIVE ARTS CELEBRATION

*February 19-21, 2021*

**REGISTER  
TODAY!**

**MICHIGAN STATE  
UNIVERSITY**

Extension



**4-H GROWS HERE**

***Time to get Creative!!*** Do you love arts & crafts? Do you enjoy sewing & textiles? Do the performing arts provide you with enjoyment? Then register for the *2021 Michigan 4-H Creative Arts Celebration Workshop* virtually held February 19-21, 2021!

The “Virtual” Michigan 4-H Creative Arts Celebration is open to teens, 4-H members and non-members aged 13 (by Jan. 1, 2021) and older. This first-time virtual workshop is also open to 4-H staff, adult 4-H volunteers and adults who work with youth in a variety of educational settings. The goal is for individuals who are willing to re-teach the skills they learn and knowledge they gain in their communities and to have creative fun in a virtual environment! The deadline to register January 26<sup>th</sup> will soon be here!

Here's the link to register: <https://www.canr.msu.edu/events/2021-virtual-creative-arts-celebration>